

**IN THE CLAIMS:**

Please amend the claims as set forth in the following Claim Listing.

**CLAIM LISTING:**

1 – 39. (Canceled).

40. (Currently Amended) A self-treatment method of treating gingival detachment of at least 3 mm consisting of the steps of:

(a) removing biofilm from supragingival tooth surfaces by using a toothbrush wherein each individual bristle of the toothbrush comprises longitudinal ribs and grooves which hold a toothpaste containing an emulsion of nonionic surfactants and polydimethylsiloxanes and soft abrasives;

(b) removing biofilm from interproximal tooth surfaces by using proxy brush wherein each individual bristle of the brush comprises longitudinal ribs and grooves which hold a proxy gel containing an emulsion of nonionic surfactants and polydimethylsiloxanes and soft abrasives; and

(c) removing biofilm from interproximal and subgingival tooth surfaces by using dental floss or dental tape containing an emulsion of nonionic surfactants and polydimethylsiloxanes and releasable soft abrasives;

wherein the biofilm is removed by physically working soft abrasives into the supragingival, interproximal and subgingival biofilms, thereby causing the disruption and

removal of the biofilm from these three tooth surfaces, and thereby providing a self-treatment for the gingival detachment.

41. (Previously Presented) The method of claim 40, wherein each toothbrush bristle includes from three to five ribs and from three to five grooves.

42. (Previously Presented) The method of claim 40, wherein each toothbrush bristle has five ribs and five grooves.

43. (Previously Presented) The method of claim 40, wherein each bristle of the proxy brush includes from three to five ribs and from three to five grooves.

44. (Previously Presented) The method of claim 40, wherein each bristle of the proxy brush has five ribs and five grooves.

45. (Previously Presented) The method of claim 40, wherein the toothpaste further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

46. (Previously Presented) The method of claim 40, wherein the proxy gel further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

47. (Previously Presented) The method of claim 40, wherein the dental floss or dental tape further contains one or more therapeutic substances that can control

the inflammation related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

48. (Previously Presented) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out at least once every 24 hours.

49. (Previously Presented) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out at least twice every 24 hours.

50. (Previously Presented) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out after eating.

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